

school hours, until late at night, and that when the fathers were away at the war family discipline became very loose, not entirely because the mothers were at work in the factories. He makes out a good case for the scheme, but spoils it by failing to show that discrimination would be necessary in the administration of the pensions, and by making generalisations like Judge Neil's "the natural mother is a born manager." M. E. R.

Rivers, W. H. R., M.D., F.R.S. *Mind and Medicine*. London: Longmans, Green and Co.; 1919; 1s. net.

THIS pamphlet is a clear and readable summing up of the conclusions at which psychologists have arrived with regard to the processes of avoiding unpleasant experiences in which nervous maladies generally consist. The writer brings into prominence two points of outstanding importance. One is that the suppressed tendencies which work havoc in divided minds usually arise in the first place from the instinct of self-preservation, and only in the second place from the sexual instinct, which, after all, is derived from the former. In his very self-surrender the lover realises himself through the loved one, and each enhances the self-respect of and exalts the other.

The second point is the responsibility of the criminal for his ill deeds, even if his criminality is a disease. Analytical psychologists can reveal to the delinquent the concealed instincts that are driving him to unsocial conduct, and show him how to realise himself without curtailing the rights of others. M. E. R.

Powell-Owen, W., F.B.S.A. *A Living from the Land*. London: George Newnes; 1919; price 5s. net; pp. 144.

THE book opens with a breathless series of mixed metaphors. "Never was the back-to-the-land cry more prominent than to-day. Other back-to-the-land cries have been but flashes in the pan, and for that very reason failed to materialise." The author prefers "Blighty" to "England," "Tommy" to "soldier," etc., and can never resist a bit of current slang. But once his style has been accepted we find that Mr. Powell-Owen gives us plenty of useful information on farming, poultry-culture, fruit-growing, pig-keeping, marketing, and many other topics. He is thoroughly practical and knows what he is talking about. If you want to buy a rabbit or manage a pig's family affairs, here is advice in plenty. F. H. H.

Hunt, H. ERNEST. *Self Training*. London: Rider and Son, Ltd.; 1918; price 4s. 6d.; pp. 240.

THIS book, the outcome of some popular lectures as the author explains, consists of a series of rather independent chapters on such topics as The Nature of Mind, Suggestion, Memory, etc., and is an attempt to explain simply, to those ignorant of modern psychology, some of the processes by means of which the mind works, and thereby enable the reader to understand and therefore control his own mind better. The original nature of the book is doubtless the cause of the rather excessive reiteration of some points.

The writer has certainly the power to express scientific abstraction in popular phraseology, but in doing so it is necessary to bear in mind that assertion is not proof, and also to be very critical towards generalisations, some of which are open to question, e.g., the initial stimulating effect of alcohol, and the greater reality of the sub-conscious than of the conscious. As a practical guide to beginners it would have been an advantage had the book contained references to the writings of the modern psychologists.

M. S.